

# **Abstract**

## **Title:**

The annual training plan for junior category in futnet.

## **Key words:**

Training process, junior category, planning, annual periodization.

## **The problem definition:**

It is very difficult to find any relevant information about futnet training and its planning in contemporary literature. Moreover, junior category is omitted completely. I will try to explore sport training related literature and apply acquired knowledge.

## **The aim of the thesis:**

The aim of this thesis is creation of an annual futnet training plan for junior category. The sub-task is to create a set of exercises for improving techniques and tactics of game skills in solving offensive and defensive game situation within annual training cycle.